



NEW BICYCLING HAT AND SHORT COAT.

WHEELING FAVORED.

PROMINENT WOMEN GIVE THEIR VIEWS
OF THE EXERCISE.

DOCTORS, LECTURERS, SOCIETY WOMEN AND
SCIENTISTS HEARTILY APPROVE.

Dr. Mary Bond, when seen in her office, at No. 122 Lexington-ave., by a Tribune reporter, said she could really not say enough in favor of the reasonable use of the wheel by women.

"I believe," she declared, "that it has done more to take women out of the physician's hands than anything that has ever been used as medicine or amusement."

"Do you think it takes the place of walking?" asked the reporter.

"It is better than walking," answered the doctor, "although I believe in that exercise, too. In bicycling, while every muscle is in action, the weight of the body is taken from the limbs, support is given, and you are, as it were, unconscious of motion. Circulation is stimulated to the very finger-tips."

"Then it would be an antidote for sleepiness?" was asked.

"The best possible antidote," was the quick answer. "The exercise of the extremities draws the blood away from the head and relieves the pressure on the brain. But I don't recommend cycling for every one. Any irregularity of heart action would forbid it. Nor do I like riding in the city, at least not for myself; the nervousness induced by passing in and out of crowds and over cable roads is not good. But with proper care and the discreet use of it, the wheel is invaluable to the woman who can ride it."

Miss Gertrude McMillan, a public reader of Washington, who is spending the winter in New-York, said that she thought cycling one of the most delightful diversions and exercises that can be found, but prefers country riding to the most level of the city streets. Miss McMillan likes the short, round skirt better than the divided skirt, which, she says, is apt to entangle the wearer.

Among the guests at the Clarendon Hotel are Mrs. Charles Macy and Miss Macy. The latter, when asked by a Tribune reporter for her opinion on bicycling, expressed herself as entirely in favor of it and as enthusiastic as it is wise to be.

"I think," said Miss Macy, "that the exercise can be overdone, and that young girls are most apt to ride too much in their ambition to make a long run. They get a cyclometer fastened to their wheels and become fascinated by watching it register, and so ride on and on, unconscious that they are becoming exhausted. Then the real benefits of the exercise are lost. For me, I find that twenty-two or twenty-three miles is enough for one spin; but that, too, depends on the road, the temperature and the wind. Five miles against a strong wind is equal to twenty on a calm day."

When asked if city or country riding were the most agreeable to her, Miss Macy said that she liked both and was not dismayed by crowded streets.

"When you are used to your wheel and confident in your control of it," she said, "you think no more of riding in a crowd than of walking in one, and no one thinks of being nervous about walking in a crowd. The more you ride the higher you want your saddle, and you feel so much better with it high, I am getting a new bicycle so that I may have a high saddle and a large frame."

The president of the New-York Household Economic Association, Mrs. William G. Shafter, in reply to the question, "Do you approve of bicycling for women and what are your ideas about a suitable dress for the wheel?" said:

"I ride a little, and I approve of it profoundly.



COMFORTABLE LONG COAT FOR BICYCLE WEAR.

About the dress I have just one thing to say: That when a woman rides a bicycle she should look prepared for it, just as she does when she rides horse-back."

Mrs. Helen J. Tansley, treasurer of the association, declared that Mrs. Shafter embodied her sentiments exactly regarding the advisability of a woman's being appropriately dressed for wheeling, and added that her approval of the wheel might be gathered from the fact that she was learning to ride it herself.

Mrs. Milan H. Hulbert declared emphatically in favor of the wheel as the best possible incentive to keep women in the fresh air. Mrs. Hulbert has a bicycle skirt of peculiar cut, designed by a young man and made according to his directions by his sister. It is divided in the back, and—wonderful anomaly!—has a pocket.

Mrs. Hulbert thinks that a common fault with women is that they do not have the saddle bow high enough, and adds with vigor: "I don't like to see a woman make a guy of herself."

Mrs. Eliza Archard Connor, when asked what kind of a costume she thought women should wear on the bicycle, expressed herself most emphatically as follows:

"The only dress that has any sense—that is at all decent and comfortable—consists of knickerbockers, made more or less loose, according to taste. To this the whole sex is ultimately coming. I am as sure of it as I am of the fact that I have a head on my shoulders. I wear a divided skirt myself, that being the most rational thing that society will permit



CYCLING COSTUME OF BLUE SERGE, TRIMMED WITH BANDS OF WHITE CLOTH.

at present, but I did not abandon the knickerbockers until every one else had done so. If I lived in the country I would never think of wearing anything else."

Mrs. Connor says that her wheel is the "joy of her life" and that she considers it the "greatest thing that has come into the life of women within the last century."

"It has made me over new," she asserted. "When I began to ride I was stiffening up with gout and rheumatism, but the exercise took that all away. It strengthened my heart, taught me to breathe deeply, cleared my brain and made me love God and man. I think every woman should ride, and that the older she is the more she needs it. God made us with beautiful bodies, and we ought to keep them so. A woman of one hundred years might be as supple as a child of ten if she exercised and lived as she should, and cycling is the best all-around exercise I know of."

Mrs. George Eugene Poole, of the West End Republican Club, favors the short skirt for bicycling.

"I do not see anything immodest in a skirt that comes just a little below the knee," she said, "and if it is made as short as that, I should think it ought to be perfectly comfortable and safe, though, as I do not ride myself, I am perhaps not competent to express an opinion."

MISFITS IN SADDLES DANGEROUS.

Women are usually awkward in knee action, and the cause of it always is a too large gear, a saddle that does not fit, or perhaps both. Mostly all wheels nowadays are arranged so that with very little expense the parts may be changed to suit the rider. Pedaling with the toes is another feminine mistake, and one that is liable to result in the deformation of the foot; the ball of the foot should rest squarely on the pedal; in this way it will be easier to propel the wheel. In crossing rough ground or going over "attracts" it is better for the bicycle and its rider if she raises herself slightly and throws as much of her weight as possible on the pedals. This will save her a severe shaking, and by lessening the strain on the machine itself, may prevent the flying off of a much-abused cap or nut.

AGAINST RIDING ON THE SABBATH.

When Mrs. Varilla F. Cox, National Superintendent of Sabbath Observance, began her address at the recent "Y Conference" in Jersey City by reading an extract from a letter written by a minister's wife, in which the bicycle was condemned in toto, frowns gathered on many pretty faces, and the girls whispered their disapprobation.

"What a fossil she must be," etc. But the frowns disappeared when Mrs. Cox praised the wheel as a boon to mankind, and then proceeded to discriminate in the right and the wrong use of it on the Sabbath.

"It is all right to use the wheel on Sunday," she said, "but not when using it makes one turn away from church or Sunday-school. That no 'Y' could afford to do."

ANY SKIRT WILL DO.

The new wheel is sure to attract so much attention to itself that the costume of the wearer will be less noticed than that of other cyclists. But it is claimed that any skirt may be comfortably worn with it, and that a short gown is not so necessary as with other bicycles.

BICYCLE SUITS FOR SPRING.

THE MATERIAL WHICH IS DE RIGUEUR
AND THE CUT WHICH IS
IN DEMAND.

QUIETNESS AND COMPLETENESS OF DETAIL THE
HALL MARK OF A WELL SET UP
WHEELWOMAN.

New models shown in bicycle costumes are not as yet numerous, but a few stylish ones have been exhibited and many are now making. A material which will be at once popular is a double-faced cheviot, that comes in many different shades and colors. The right side is of a plain color—green, gray, stone blue, brown and all shades of tan—and the double face is a plaid or check of the main color and white. The gray has a black and white checked face, and there is also black goods, with black and white check reversible side.

Covert cloth will still be popular, and is also shown in every shade that may be desired. A "fatching" little costume is of light golden brown; not the color which fades in patches when exposed to the sun, but the durable shade that does not show dust or does not spot easily.

There are no regular bloomers, these garments being made, when used, of alpaca, of the same color, or, for lighter weight, of silk. Equestrian tights may be worn for additional warmth when needed. In this instance the skirt was the simple round cut, stitched in many rows at the hem; the front width is narrow, and is buttoned on each side to about ten inches below the belt. The pocket is set in under one of the flaps which cover the closing. These flaps are stitched for a finish.

The coat which goes with this skirt is a dainty affair, lined with blue satin. The seams are finished with tiny stitched cords. It buttons almost to the throat under a fly, which is so well adjusted that it does not interfere with the snug fit, and it may be left open without interfering with the pretty set of the garment. A shirt waist is, of course, the correct thing to wear with the suit. The cravat may be the small satin tie or the De Joinville.

A green Venetian cloth has the skirt cut in the same way, and similarly trimmed with stitching. To go with this is a short jacket, which, when buttoned, is of so snug a fit that it looks to be merely a round waist. If left unfastened, it looks like an Eton jacket, but is even more jaunty. It is double-breasted, the buttons in this instance, in-



FULL DRESS COSTUME FOR BICYCLE TEA—SHORT, ROUND SKIRT.

stead of being hidden beneath a fly, are wholly in evidence, forming a trimming for the front. They are set on in two rows, rather wide apart at the top, beginning at the roll of the collar and tapering to the waistline. The back of the garment is cut so that it shows a curve at the waistline, though without any point at the centre. This gives an appearance of long-waistedness, which a round-about waist is apt to lack.

Still another jacket is made semi-tight-fitting in front, and entirely so at the back. It is cut as short as can be to be called a jacket, rather than a waist. Of stone-gray and lined with a plaid silk of blue green and red checks. It is as smart a suit with its simple short skirt as any one can desire.

The double-faced goods are shown in a suit which is equally appropriate for golf or wheeling. Like the others, the skirt is not lined, but this time the jacket is self-lined also, being only faced back on the fronts, and having satin sleeve lining to make it easy to put on and off. The goods, while being somewhat heavier than covert or Venetian cloth, do not make as warm a gown, as a silk or satin lining adds considerable weight to the other costume.

Rivet-studded leather belts are shown for wearing under the jackets, with the shirt or blouse waists. Manufacturers promise pretty leather pockets or small belt bags to match the belts, but they have not yet been offered for sale. Leather watch-holders, either in the form of a bracelet or a chachoune, are also convenient for wheelwomen whose jewelry may not be at all en evidence. Gun-metal cuff links and studs are quiet, and therefore in the best taste, although small gold buttons are worn, and silver is also favored. Nothing like conspicuous articles are at all permissible.

Another comfortable long coat for bicycle wear is of heavy cheviot and covers the entire figure. It may be left open along the back seam, and, worn with a divided skirt, will not impede the movements, or it may be closed, and will then serve for the skirt itself, the bloomers being the proper accompaniment. The alpaca seems the best shape for the hat with this coat.

The new bicycle hat and short coat seen in the cut are both jaunty and effective. The coat is a covert cloth with a collar of plaid, and the edge of a waistcoat shows below the belt line. The cuffs are also of the plaid. Stitched upon the fronts, in slightly curving parallel lines are graduated rows of cloth of a color found in the ground-

work of the plaid. The jacket is equally appropriate for wearing with a walking costume. The hat is a low-crowned, wide-brimmed alpine, with a band of the plaid wings, quills or a bird as ornament.

Blue serge is a popular material for any costume. If storm serge be chosen, the wearer is sure of being ready for any weather without danger of injury to her gown. Trimmed as the dress in the illustration is, with stitched bands of white



VELVET TRAVELLING COSTUME FOR BICYCLE WEAR—DIVIDED SKIRT.

serge, and worn with a white belt, the effect is pleasing and neat. A light felt sailor-hat, or an alpine is appropriate.

The velvet costume might be considered too heavy if it were not understood that no lining is used in its make-up, and the divided skirt prevents the clinging that is often unpleasant in velvet dresses. It is recommended for its general completeness as a travelling garment, being stylish, warm and pretty.

Some of the young women who will act as hostesses to the other riders to-day will wear gowns that may be less severe than the regular cycling costume. This illustration shows a dark green cloth blouse, with collar and revers of a plaid green and chiffon ruchings. It is worn with a round skirt, a trifle longer than the usual dress wheelwomen affect. It is, in fact, a hybrid sort of garment, and as appropriate for an at home tea as for a bicycle afternoon at the academy.

A velvet jacket with white cloth waistcoat and facings is a dressy garment, which may be worn with any skirt, and gives the costume the air of gala attire. The one illustrated is worn over a fitted bodice of white cloth, which is braided across the front in horizontal lines. A wide, white cravat is tied about the throat. The velvet hat is decorated with white plumes, an aigrette and black velvet loops. In this case the skirt was one of the new cheviot of broken plaid in mingled colors.

"THE LIGHT THAT FAILED."

"Who will invent a lamp that will not go out?" wails a woman who has often been hailed by "Light out!" on the Boulevard. There are innumerable lanterns and as many brands of oil, but no one seems to have remedied the crying need. Apropos of this, a little story: A woman dressed in gray and looking natty and saucy was bowling along a New-York street at a lively rate, her thoughts, under the wheel's influence, rushing so fast that she failed to notice the darkness that had settled in advance of her.

"Where's yer lamp?" hoarsely cried an observant policeman.

"On my wheel, of course," she indignantly responded, and the astonished officer let her go on without explaining that it was "the light that failed."



BICYCLE SUIT, TO BE WORN BY A RIDER WHO WILL SERVE TEA ON BICYCLE DAY.